



POWER SOURCE

"Motivating and Inspiring Great Health in Body, Mind and Spirit"

VOLUME 1, ISSUE 3 AUGUST 2004

IN THIS ISSUE

WELCOME

MEMBERS IN ACTION

ARTICLE

"I'll Try...I'll Do"

WHO YOU GONNA CALL?

Member Profile

PLAY THIS GAME

POWER QUOTE

SOUL TALK

POWERED UP

SPREAD THE GOOD WORD

Powered Up, LLC

Jane Birr, Life Coach
info at: janiebirr@aol.com
1-920-433-9605

Newsletter design by

Teresa Kennedy
contact me at:
tesskennedy@yahoo.com

WELCOME

Jane Birr, Life Coach

Welcome back to the POWER SOURCE. Thanks to you, the POWER SOURCE is growing daily as you share with others the message of hope that ordinary people can move to extraordinary success in body, mind and spirit. Many of you are pursuing your dreams, enjoying fulfilling relationships, and are achieving great physical shape. Keep it going.



*Jane Birr, Life Coach
Powered Up, LLC*

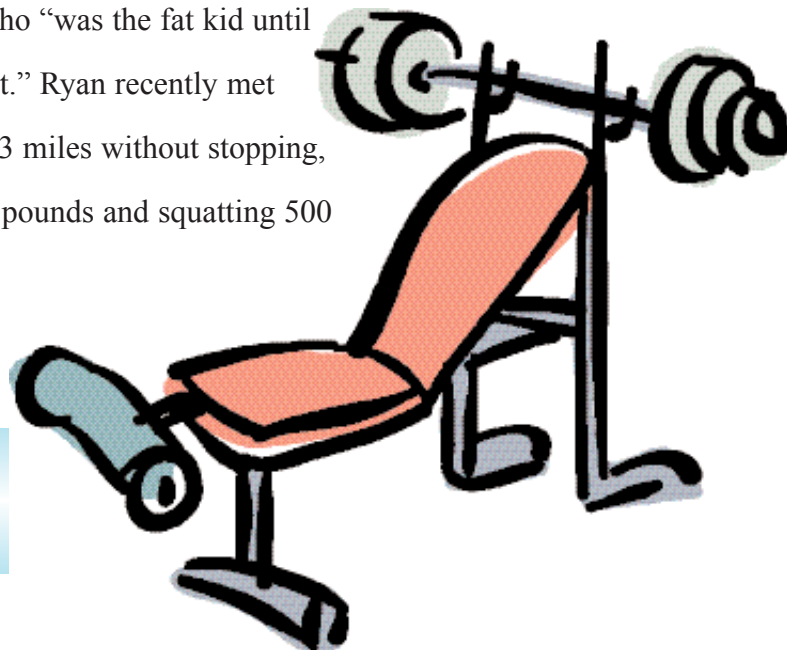
Now is your time to shine so go make a result today. You can do it.

POWER SOURCE Members in Action

"I realize now that talking doesn't get things done-actions do.

Whining about something won't get it done. I just need to shut up, figure out the steps and walk the path."

From Ryan Koga who "was the fat kid until I really got sick of it." Ryan recently met his goal of running 3 miles without stopping, bench pressing 300 pounds and squatting 500 pounds. Go Ryan!





POWER SOURCE

"Motivating and Inspiring Great Health in Body, Mind and Spirit"

PAGE 2, AUGUST 2004

I'LL TRY...I'LL DO!

by Jane Birr

Remember the scene from Star Wars where Master Yoda was teaching young Luke Skywalker how to use "the force" to move Luke's spaceship around the swamp and encouraged Luke to do the same. Luke couldn't do it. So what did he do? He whined, made excuses, blamed stress, and finally blamed Yoda. Sound familiar? Finally, we think young Luke has it together because he hears Yoda out and says "Okay, I'll try." to which Yoda responds "No! Do not try! Do or do not. There is no try."

No try? Isn't trying good? Maybe you have been told or tell others to "just try" or "try your best." For Pete's sake, at least we are trying, right?

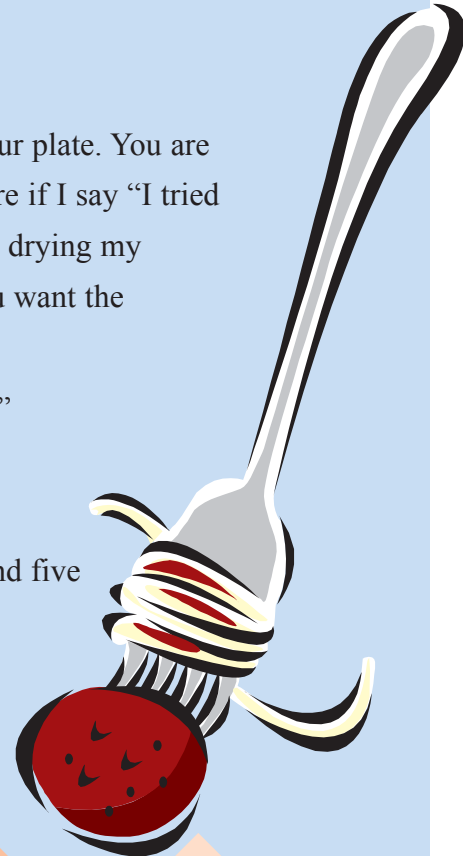
Consider what Shawn Anderson says in one of my all time favorite books "SOAR to the Top."

"Yoda's message is a strong one--putting forth a lot of effort is admirable, but why put forth any effort if you are ultimately going to quit and not achieve your objective anyway? Succeeding the first time out isn't that important. But succeeding is! If at first you don't succeed, keep going...again and again if necessary. Failure is not an option."

FOR EXAMPLE

1. I invite you to my house for spaghetti and plop a pile of bare noodles on your plate. You are starving, so your obvious next question is "Where is the sauce?" Do you care if I say "I tried to open the jar, but I couldn't"? No. You want the sauce. I need to persist by drying my hands, using a gripper or giving it to my strong husband Tim. Whatever. You want the result of sauce on your plate and fast.
2. Does my husband Tim care if I say "I will do my best to be faithful to you?" No. He wants a faithful wife. Period. Who cares about doing my best? I must decide to be faithful or not.
3. You promise your kids a trip to Disneyland, load them in the car, take off and five miles later the road is closed. Do you say "Well, sorry kids. I tried." and go home? Not if you value your sanity. You find an alternate route and persist until you reach your goal ... Disneyland.

See I'll Try on page 4





POWER SOURCE

"Motivating and Inspiring Great Health in Body, Mind and Spirit"

PAGE 3, AUGUST 2004

WHO YOU GONNA CALL?

In an age of no carbs, the Zone, Atkins and the Blue Jean Diet, it can get very confusing. So who are you going to call? Instead of calling your friends over to sneak some pizza in the closet, call Carmen. Carmen Gorniak is a registered dietician and she knows everything. At least that is what she tells me. Or maybe I'm under some strange spell from eating her broccoli brownies. Whatever the case, I'm fired up to introduce you to my dear friend Carmen. You won't find a more positive person. Enjoy.

MY PASSION

I love to watch my kids play in the parks whenever we can squeeze it in, encourage them to think of creative games and stories and watch them talk themselves out of trouble. I want to grow old holding my husband's hand the whole way.

I AM FIRED UP ABOUT

Trying events I know I can do after hard training- like running a ½ marathon , triathlons, camping for weeks in the rain, or growing a garden without the deer eating it all up.

SUCCESS TIPS

- Throw out the scale and listen to your body instead.
- Rice and pasta don't make you fat, the reason for overeating does.
- Find something about yourself to be beaming proud of.
- Fad diets only make your wallet skinny.

WHAT I WANT OTHERS TO KNOW

There is no such thing as a perfect diet. Instead, shoot for a fabulous average on most days of the week.



MEMBER PROFILE

NAME: Carmen Gorniak

FAMILY: Husband Mike, kids Andy (9), Alli (7), twins Angie and Abi (3)

CAREER: Owner and operator of Food Power, LLC and staff dietician for the Green Bay YMCA

HOW TO CONTACT ME

foodpower@new.rr.com

THAT'S FUNNY

Never marry a tennis player. To them, love means nothing.



POWER SOURCE

"Motivating and Inspiring Great Health in Body, Mind and Spirit"

PAGE 4, AUGUST 2004

I'll Try, continued from page 2

What is your goal? Tune in this week to if and when you say the death words to success ... *I'll try*. Slap a table or twang a rubber band on your wrist. Do what it takes to remind yourself that as a person pursuing your very worthwhile goals you will no longer *try* you will *do*. Average people try, suck their thumb and stay stuck. Winners make results.

In the end, you will find yourself saying:

I'll try.

I'll do my best.

I'll do what it takes.

May the words of wise Yoda ring in your ears "Do not try! Do, or do not. There is no try." For great health in body, mind and spirit, failure is not an option. We need you. Win this game and may the force be with you.

PLAY THIS GAME

Pick an area of your life that you want to move forward. Then ask:

1. Where do I want to be? (Prize)
2. What will it cost me (in time, money, effort, TV time, etc.) to get there? (Price)
3. What is my plan? Act on it.

Consider this: It is a blast to go sledding. The price is walking back up the hill. But it sure is worth it. Achy legs are forgotten once the sled zips downhill and the screaming begins. Step by step pay the price toward your prize. Take action today. Enjoy the ride!

POWER QUOTE

Dead fish float downstream. The lively ones fight, kick, struggle, and overcome until they reach their goal.



Don't stink up the stream. Fight for your dream.



POWER SOURCE

"Motivating and Inspiring Great Health in Body, Mind and Spirit"

PAGE 5, AUGUST 2004

SOUL TALK

Remember the throbbing pain of whacking your thumb with a hammer? Or how about when you catch little pinky toe on the leg of your bed? As we do dishes at the cottage, our family frequently recalls the day when 9-year old Jodi accidentally dropped the 2-inch thick, pig-shaped breadboard right on Mom's 3-day old bunion surgery. I sweat just thinking of the dance that mom performed as she squealed around on one leg. Big league pain. Could it get worse? You betcha. I don't know about you, but I never got hit with an ax and I don't want to. So consider this:

"Telling lies or talking about someone is as harmful as hitting them with an ax."

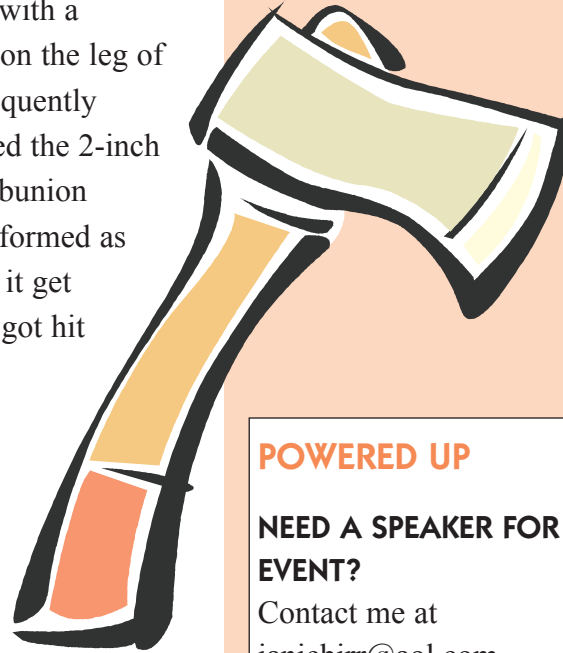
Proverbs 25:18.

Who have you whacked behind their back lately? Who have I? Let's recall a moment of intense physical pain and know that our words hurt even more ... like getting smacked with an ax. But there is hope.

"For the words of the wise soothe and heal."

Proverbs 12:18

So the choice of the day becomes; Whack with an ax or soothe and heal. Which will you choose?



POWERED UP

NEED A SPEAKER FOR AN EVENT?

Contact me at
janiebirr@aol.com

WANT COACHING?

Contact me to arrange a 30-minute complimentary consultation.

HELP SPREAD THE GOOD WORD

Thanks for reading the POWER SOURCE. Please feel free to forward it to friends. If they would like regularly receive the POWER SOURCE, please have them send me their name and e mail address, and I will add them to the team.